

Please amend claims 18, 19, 22-36 as follows:

18. (amended) A method of manufacturing a [sports board] skateboard, comprising:

[providing] extruding an elongated metal board having a front end, a rear end, a top surface, a bottom surface, a left edge, a right edge, and one or more longitudinally elongated continuous closed cavity forming [hollow] sections generally running from the front end to the rear end of the board; and

shaping the metal board near said front end and rear end at a predetermined angle in a shape suitable for a skateboard.

19. (amended) A method of manufacturing a [sports board] skateboard as recited in claim 18, further including annealing the metal board before shaping the metal board.

~~22. (amended) A method of manufacturing a [sports board] skateboard as recited in claim [21] 18, further including providing a foam filler in at least one of the one or more cavity forming sections [wherein said filler material is a member selected from the group consisting of foam, foam plastic, wood, wood composite, [compressed air,] and an inflatable bladder].~~

~~23. (amended) A method of manufacturing a [sports board] skateboard as recited in claim 18, wherein said step of providing a metal board includes providing a metal board in less than a T-5 tempered hardness condition prior to shaping the metal board.~~

24. (amended) A method of manufacturing a [sports board] skateboard as recited in claim 18, wherein said metal board is made of an aluminum material.

25. (amended) A method of manufacturing a [sports board,] skateboard, comprising:

extruding an elongated metal board made of an aluminum alloy, the elongated metal board having a front end, a rear end, a top surface, a bottom surface, a left edge, a right edge, and one or more longitudinally elongated continuous closed cavity forming [hollow] sections generally running from the front end to the rear end of the board, at least one of the cavity forming sections having a width and a height, the width being greater than the height;

shaping the elongated metal board into a shape suitable for a skateboard, and
hardening the elongated metal board by subjecting the metal board to a heat treatment
process.

~~26. (amended) A method of manufacturing a [sports board] skateboard as recited in claim~~
25, wherein the aluminum alloy is a 6000 series alloy.

27. (amended) A method of manufacturing a [sports board] skateboard as recited in claim
25, ~~wherein the aluminum alloy is a 6005 alloy.~~

~~28. (amended) A method of manufacturing a [sports board] skateboard as recited in claim~~
25, wherein the metal board is in a T-4 tempered hardness condition before shaping the elongated
metal board and is hardened by said heat treatment process to at least a T-5 hardness condition after
shaping the metal board.

29. (amended) A method of manufacturing a [sports board] skateboard as recited in claim
25, ~~further including annealing the elongated metal board prior to shaping the metal board.~~

~~30. (amended) A method of manufacturing a [sports board] skateboard as recited in claim~~
29, wherein the aluminum alloy is a 6000 series alloy.

31. (amended) A method of manufacturing a [sports board] skateboard as recited in claim
25, wherein the aluminum alloy is a 6061 alloy.

32. (amended) A method of manufacturing a [sports board] as recited in claim 25, wherein
the metal [sports board] skateboard is annealed to a T-0 tempered hardness condition.

33. (amended) A method of manufacturing a [sports board] skateboard as recited in claim
25, wherein the metal [sports board] skateboard is hardened by the heat treatment process to at least
a T-5 tempered hardness condition after shaping the metal [sports board] skateboard.

~~34. (amended) A method of manufacturing a [sports board] skateboard, comprising:~~

~~[providing] extruding an elongated aluminum metal board having a front end, a rear end, a top surface, a bottom surface, a left edge, a right edge, and one or more longitudinally elongated continuous closed cavity forming sections generally running from the front end to the rear end of the board;~~

~~annealing the elongated metal board; and~~

~~shaping the elongated metal board into a form suitable for a skateboard[; and
hardening the elongated metal board].~~

~~35. (amended) A method of manufacturing a [sports board] skateboard as recited in claim 34, wherein annealing includes annealing to less than a T-5 hardness condition.~~

~~36. (amended) A method of manufacturing a [sports board] skateboard as recited in claim 34, [wherein] further including hardening [includes hardening] the metal board to at least a T-5 hardness condition.~~

Please add the following new claims 37-38:

~~37. (New) A method of manufacturing a skateboard, comprising:
extruding an elongated aluminum metal board having a front end, a rear end, a top surface, a bottom surface, a left edge, a right edge, and one or more longitudinally elongated sections;
shaping the metal board near said front end and rear ends into a predetermined shape; and
heat treating the metal board to reduce stresses formed in the metal board.~~

~~38. (New) The method of claim 37, wherein shaping includes shaping the aluminum metal board near said front end and rear end at a predetermined angle.~~